

Figure 1

<u>Tested Factor</u>	<u>Placebo</u>	<u>HCA-SX</u>	<u>HCA-SX + chromium + gymnemic acid</u>
<u>Body Weight</u>			
Pounds	3.5	10.0	12.8
% change	1.9	5.0	6.5
<u>LDL Cholesterol</u>			
mg/dl	3.0	-14.5	-22.6
% change	2.8	-13.0	-19.0
<u>HDL Cholesterol</u>			
mg/dl	-0.7	2.7	6.2
% change	-2.7	9.0	21.4
<u>Total Cholesterol</u>			
mg/dl	1.1	-12.4	-16.6
% change	1.0	-7.4	-9.7
<u>Triglycerides</u>			
mg/dl	0.3	-12.9	-22.6
% change	0.3	-10.0	-19.0
<u>Serum Leptin Level</u>			
ng/ml	0.4	-12.2	-15.4
% change	1.0	-40.0	-42.6
<u>Serum Ghrelin Level</u>			
ng/ml	0.5	-5.2	-7.8
% change	0.6	-20.2	-25.6
<u>Serum Serotonin Level</u>			
mg/dl	20.1	119.1	149.3
% change	10.9	48.5	70.4
<u>Body Mass Index</u>			
kg/m ²	-0.7	-2.4	-3.2
% change	-2.0	-7.0	-9.2
<u>Excreted Fat Metabolites</u>			
% change			
Acetone	3.5	36.2	42.8
Formaldehyde	8.8	68.1	52.7
Malonaldehyde	12.6	60.6	65.3
Acetaldehyde	18.1	64.4	73.0
<u>Food Intake Reduction</u>			
grams per day (average)	0	257	386.2
% change	0	11.4	17.2